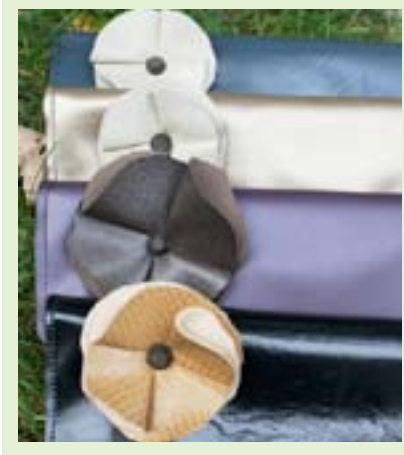


VEGAN HOLIDAY GIFT GUIDE



Welcome

Thank you for taking the time to ensure your holiday purchases hold up to your ethical standards. Please share this guide with others to encourage a kind holiday season. Best wishes to you and yours from the Vegan Mainstream Staff.

Vegan Gifts Under \$25

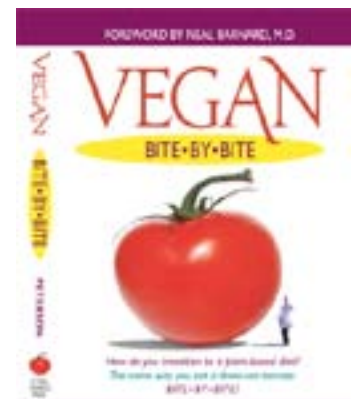
Gourmet Vegan Cheeses

- Artisan vegan handcrafted gourmet cheeses from Ste Martaen. Ste Martaen produces five cheese flavors: Muenster, Smoked Gouda, Pepper Jack, Colby and Olive.
- Website: <http://stemartaen.com/>



Book: Vegan Bite By Bite

- Vegan Bite By Bite is a book about “how to” transition to a plant-based diet. Well-seasoned with humor and light-hearted flavor, this 322 page guide-book gives a strong foundation for becoming vegan, and also includes coaching on how to navigate in the kitchen and the markets, shopping lists, 6 week menu plans, over 100 recipes, interviews from medical doctors and a bio about an unusual life journey. Cartoons, illustrations and pictures are also included. The e-book has color food photographs and the black and white paperback does not have food photos.
- Website: <http://www.veganbitebybite.com>



Cookie Gift Boxes

- A beautiful red gift box with a golden colored bow. Box includes six cookies of your choice and your very own special personal message of 200 characters or less. It makes the most festive holiday present for loved ones, friends and co-workers.
- Website: <http://bountifulvegan.com/gif.htm>



Oil Aromatherapy Blends

- Blessings is one of WELSTAR's most popular essential oil aromatherapy blends. It was created to inspire optimism, celebrate gratitude, and warm the heart. Most customers who buy it wear it as a perfume, but it can be used in the bath, in massage oils, and as an environmental aroma. It appeals to both men and women.
- Website: <http://www.welstarorganics.com>



Vegan Gifts Under \$25

Vegan Baked Goods from Mary's Gone Crackers

- Mary's Gone Crackers manufactures delicious, gluten-free, vegan, organic crackers, Sticks & Twigs and new love Cookies. Products contain traditional flavors with revolutionary ingredients. Always great taste!
- Website: <http://www.marysgonecrackers.com>



Kaia Foods - Granola, Sprouted Seeds, Kale Chips & Fruit Leathers

- Kaia Foods are created by sprouting, mixing, and dehydrating whole organic ingredients at low temperatures. The good stuff stays intact and isn't processed away.
- These foods make it easy and delicious to eat simply prepared whole foods! Kaia Foods also donates a portion of sales to food aid programs to make sure people everywhere have access to proper nutrition.
- Everything is raw, vegan, certified organic and certified gluten free
- Website: <http://www.kaiafoods.com>



Organic Artesian Nuts

- Delicious and healthy way to share the holidays. Unique flavored nuts-not roasted or baked!
- Sweet & savory flavors like: Almond Teriyaki, Mayan Chili Pistachios, Banana Bread Walnuts and over a dozen more!
- Website: <http://www.livingnutz.com>



BeeBopaTee Designer T-shirts

- BeeBopaTee is an imprinted Active Wear label featuring 1950's-inspired designs and slogans. They offer a range of designs that feature a Bee-Bop band named "Buddy & The Bee Bops" as well as phrases from the 1950's. Designs are offered on standard and organic cotton.
- BeeBopaTee strives to be eco-friendly and donates a percent of profits to animal rescue organizations. Their designs are sold in independent boutiques, as well as art fairs, shows and events.
- Website: <http://www.BeeBopaTee.com>



Vegan Gifts Under \$25

HimalaRose Organic Himalayan Bath Salts

- Experience the pristine healing ritual of ancient Himalayan seawater's pure essential minerals that relax muscles, promote pain relief, purify and moisturize your skin. 100% Organic Himalayan Bath Salts - Lavender and Rose. 100% Vegan, 100% Wind Powered.
- People Tested, Cruelty Free, Gluten-Free, No Additives. 28 oz. Also, Himalayan Salt Massage Stones 2/set. Learn how to use them on http://www.youtube.com/watch?v=K_yoXFW5Wdc
- Website: <https://secure.sustainablesourcing.com/index.php>



Children's Handmade Toys and Costumes

- Delight the children on your gift list with hand crafted toys! Pretend play is super important for a child's development with dress up costumes and other goodies you'll ensure they'll have hours of good wholesome healthy fun! All costumes and toys are made with 100% post consumer recycled plastic bottles and man made materials, no animals involved! Owner Melissa Balfour is also a Vegan. Shipping available worldwide.
- Website: <http://www.prettyupparties.com/gifts>

Vegan Instant Meals

- Vegan dried instant meals for backpackers, campers or students from Outdoor Herbivore.
- Website: <http://outdoorherbivore.com/products/category/camp-foods/>

Hand Stamped Vegan Silverware Set

- Fork, knife and spoon hand stamped with the word VEGAN. Each letter is hammered by hand. from Vegan Aesthetics.
- Website: http://veganaesthetics.com/item_3/Hand-Stamped-Vegan-Silverware-Set.htm



Cotton Play Foods

- Cotton Play Foods makes a wide variety of play foods from produce to sweets and treats, ethnic foods, and custom items from vegan-friendly 100% cotton.
- Website: <http://www.etsy.com/shop/fairtradefamily>

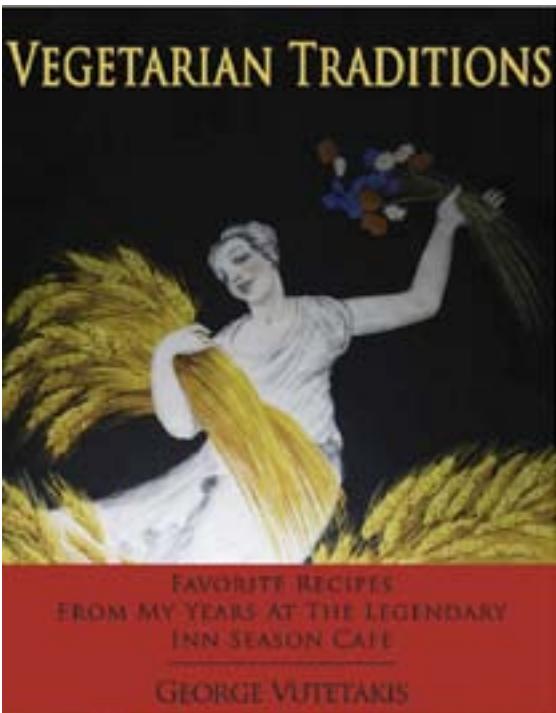
Vegan Gifts Under \$100



Vegan Peace Jewelry

Vegan Aesthetics sells a sterling silver heart hand stamped with the word vegan, spirals and peace designs. Piece includes a faceted green quartz bead strung on a sterling silver chain.

Website: http://veganaesthetics.com/item_9/Vegan-Peace-Jewelry.htm



Book: Vegetarian Traditions

Chef George Vutetakis of thevegetarianguy.com takes you inside his iconic restaurant where he brings local farms to the table with over 150 delicious super-food-enriched and easy to prepare vegan recipes.

Website: <http://thevegetarianguy.com>



GG2G Angelina Clutch

Clutch is made from salvaged vinyl from the restaurant seating industry and lined with organic or rescued fabric. Features 2 Magnetic snap closures and an interior pocket.

Website: http://www.ecolissa.com/GG2G_Angelina_Clutch_p/4040-002.htm



Indigenous Zip Hoodie

The Indigenous Indi Zip Hoodie is the epitome of eco fashion. It can be worn as a jacket, top, or dress. It is lightweight and very comfortable. Made of 100% organic cotton jersey with low impact dyes. Fair trade. Available in 7 different colors.

Website: http://www.ecolissa.com/Indigenous_Indi_Zip_Hoodie_p/2010-002.htm

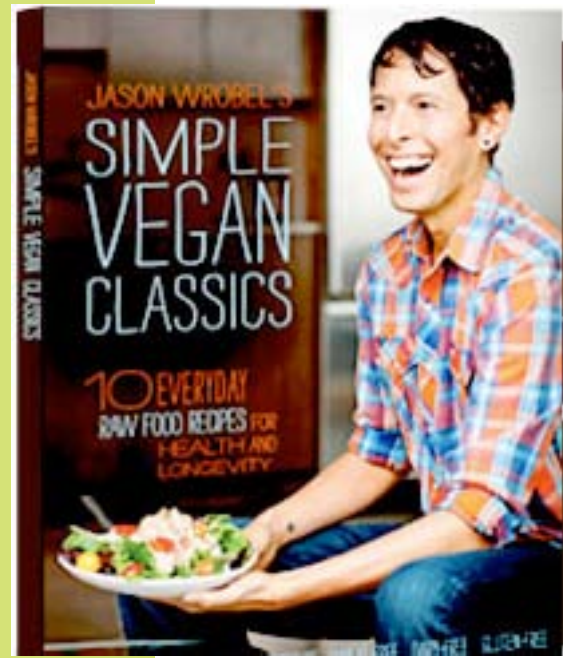
Simple Vegan Classics DVD

In this entertaining and empowering DVD, renowned raw vegan chef and healthy living coach Jason Wrobel shows you some of his favorite classic vegan and raw recipes for healthy living, weight loss, detoxification and boosting your energy. In just 75 minutes, you'll learn a variety of quick, delicious and easy-to-prepare vegan comfort foods to fit your budget and your busy lifestyle!

- * Learn a variety of easy recipes to please your palate and pocketbook
- * Supplement your current diet or meal plan with healthy, nutritious plant-based foods
- * Discover new culinary talents to amaze your friends and family

With Simple Vegan Classics, you'll be inspired to prepare delicious vegan and raw foods at home... and just might find yourself living a happier, healthier and more joyful life!

Website: <http://www.jasonwrobel.com/jw/>



One-Year Business Listing on New World Veg

Businesses owned by vegans are eligible for membership in New World Veg, an exciting new nationwide business directory to be launched sometime in January. Doctor? Lawyer? Massage Therapist? Plumber? If you have a special little vegan on your gift list, give them a gift that will pay off all year: help their business flourish!



For more information, send an email to info@newworldveg.com

Website: <http://www.newworldveg.com>

Vegan Gifts Under \$100

Photo of The Beatles in India

- The Beatles took a trip to Rishikesh, India in 1968 and spent time with Maharishi Mahesh Yogi. This trip is what made some, if not all, of them decide to stop eating meat. The Beatles were the first all-vegetarian band. It is available online and in person at the San Francisco Art Exchange, along with other photos from The Beatles' trip to India.

Website: http://www.sfae.com/index.php?action=gallery&status=show_product&ID=1861



Vegan Gift Basket

- Gift Basket comes with 12 large Intention Cookies, your choice coffee, tea, or hot chocolate (Bountiful Vegan's own recipe), and a personalized card. Intention Cookie flavors are: Prosperity(choco choco chip), Love (chococlote chip orange), Happiness (peanut butter chocolate chip), Determination (oatmeal raisin), Courage (peanut butter), and Success (chocolate chip). You get 2 of each flavor or 12 of one flavor in your basket.
- Website: <http://bountifulvegan.com/gif.htm>

Organic Flax and Hemp Oil Salad Dressing Variety Pack

- All Foods Alive flax and hemp oils are cold-pressed and our dressings contain over 50% oil by weight, they are not a watered down Omega-3 dressing like most others on the market...where you find flax oil in huge print on the front of the bottle, but at the end of the ingredient list...with ours, you will find flax (or hemp) oil as the first ingredient!
- Website: <http://www.foodsalive.com>



Foods Alive
Dressing for the **WHOLE** family!

We Cold-Press only the cleanest organic GOLD flaxseed on our family owned press. Then mix it with savory spices and herbs to create these unique dressings that you can enjoy on salads, wraps, rice, potatoes, pasta, or anything else you can imagine!

Our Hemp oil is Cold-Pressed in Canada and shipped directly to our facility where we blend it into a delicious savory dressing.

Excellent source of Omega-3 & Omega-6 EFAs!

www.FoodsAlive.com * 260-488-4497 * info@foodsalive.com

Organic Raw Flax Cracker Variety Pack

- Foods Alive Flax Crackers are created using the cleanest and best tasting organically grown golden flaxseed. The seeds are soaked in water to break down the hard outer shell and start the germination (life) process. Then we gently dehydrate them at a very low temperature to preserve the vital living enzymes and essential nutrients.
- Website: <http://www.foodsalive.com>

Vegan-Suede Shoulder Bag

One of my most popular styles, The Shake Sugaree Shoulder Bag, has been updated with an understated bow and is now available in soft, durable, lux microsuede. Like suede but way, way, way better. Also available in Chocolate and Aubergine. Made to Order. US Residents: Order by December 14th to ensure delivery by Christmas. Individuals outside of the United States, order by December 2nd.

Website: <http://www.pansymaiden.com>



TofuXpress

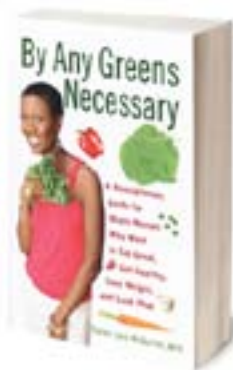
TofuXpress is a gourmet food press for vegetarians, macrobiotics, gourmet cooks, and anyone who loves or would like to try to cook with tofu

Website: <http://TofuXpress.com>

Handmade Jewelry

Funky vintage inspired handmade jewelry designed and created by vegan artist Tami/Pink Andie. All materials are vegan and a lot of the designs feature vintage and/or repurposed materials.

Website: <http://www.pinkandiedesigns.etsy.com>



Book: By Any Greens Necessary

By Any Greens Necessary is a wake-up call for every black woman who dreams of staying healthy and slim without sacrificing great food and gorgeous curves. With inspiration, attitude, and expertise, Tracye McQuirter, M.P.H., shows you how to be healthy, hippy, and happy by eating plenty of delicious and nutritious plant-based foods.

Website: <http://byanygreensnecessary.com/>



MiYim Dr Seuss "The Cat in the Hat" Eco-Plush Toy

A cuddly character made from natural cotton that's untreated, unprocessed, and unbleached, our Cat in the Hat is at the top of the class when it comes to being an eco-plush toy for kids of all ages. His signature coloring is natural, too, from nature's own plants & minerals!

Website: <http://www.organicbug.com>

MiYim Jane Goodall Eco-Plush Gorilla

Cuddly gorilla plush toy is easy to love and will provide hours of imaginative play! Made from natural cotton that is untreated, unprocessed, and unbleached, its subtle coloring is eco-friendly, too, using nature's own plants and minerals.

Website: <http://www.organicbug.com>

Veggie Brothers

Veggie Brothers creates and ships healthy, delicious and affordable vegan foods shipped frozen to your door (USA & Canada) in packaging that is easy to reheat and enjoy. Veggie Brothers makes it virtually effortless and extremely convenient to have high quality vegan / vegetarian cuisine wherever you are. Choose from appetizers, side dishes, soups and main entrees including barbecued soy chicken cutlet, black bean burger, grilled vegan mahi mahi steak, grilled tempeh steak and meatloaf.

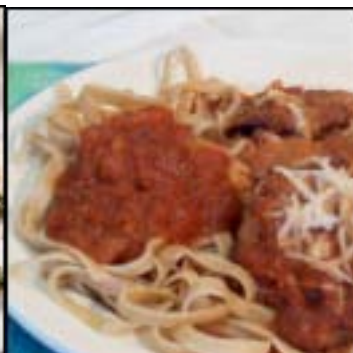
Website: <http://www.vegiebrothers.com>



Vegan Chicken Pot Pie



Tofu Crab Cakes



Eggplant Parmigiana



Vegan Beef Teriyaki



BBQ Tofu Steak

More Vegan Gift Ideas...



**Premium Belgian
Chocolates**

VeganStore.com



Soy Wax Candles

VeganStore.com



Veganopoly Game

VeganStore.com



**Bottleneck Scarf by Ca-
goule Fleece**

VeganEssentials.com



**Hemp and Recycled
Rubber Messenger Bag**

VeganEssentials.com



**Go Vegan! 2011 Calendar
by Sarah Kramer**

VeganEssentials.com



**Stuffed Celebration Roast
By Field Roast**

CosmosVeganShoppe.com



**"Don't Forget Your Roots"
Unisex Tee**

CosmosVeganShoppe.com



**"Cow Hugger" Tote Bag
By Herbivore Clothing**

CosmosVeganShoppe.com